








**BE FIT.
LOOK GOOD.
FEEL STRONG.**

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- 5**  EAT MORE THAN 5 SERVINGS OF FRUITS AND VEGGIES EVERY DAY
 - 4**  DRINK 4 GLASSES OF WATER EVERY DAY
 - 3**  GET 3 LOW FAT DAIRY FOODS EVERY DAY
 - 2**  SPEND LESS THAN 2 HOURS AT A T.V. OR COMPUTER EVERY DAY
 - 1**  TAKE 1 FULL HOUR TO GET A RUNNIN' AND A JUMPIN' EVERY DAY
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